



Orcas Island Safety Briefing

May 14, 2026, 7 pm

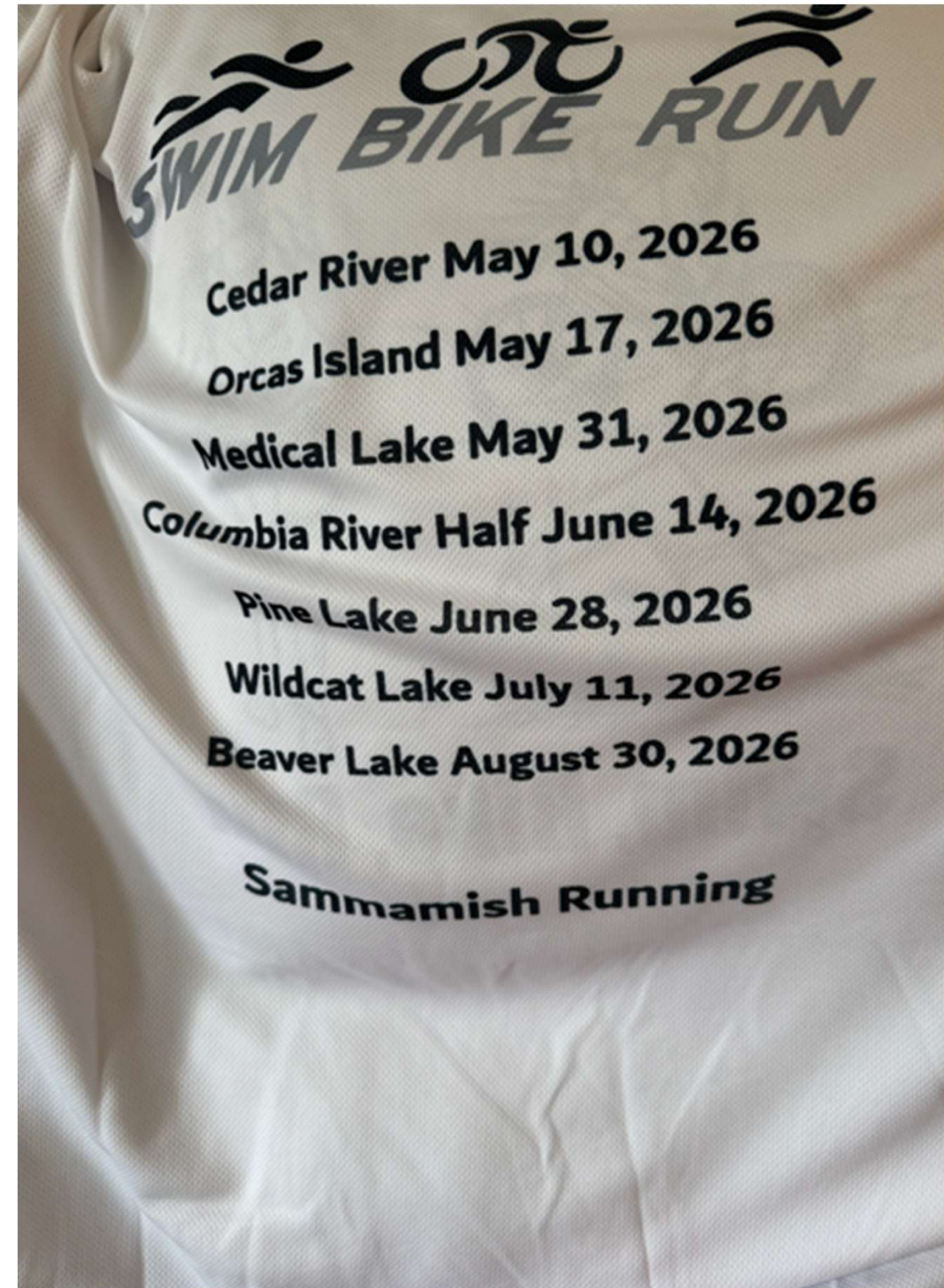


May 17, 2026

Orcas Island Triathlon

📍 Cascade Lake Beach

3786 Olga Road Olga, WA 98279



BREAKING NEWS: 2027 Nationals Are Headed to Des Moines. [Start Planning](#) →



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Multisport Rules



Multisport Rules

Helmets And Chinstraps

Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Unauthorized Assistance

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

Entire Course

Athletes must complete the race course in its entirety and as prescribed including in segment order.

Headphones And Communication Devices

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band) but may not use communication devices of any type - including but not limited to cell phones, smart watches and two-way radios - in any distracting manner during the competition. A distracting manner includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.

Non-Draft Legal Bike Position Rules

Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

Glass Containers

Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

Race Numbers

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

Race Number Transferring

Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

📍 Orcas Island, Washington · [Choose area](#) ⋮



54 °F | °C

Precipitation: 56%

Humidity: 75%

Wind: 10 mph

Weather

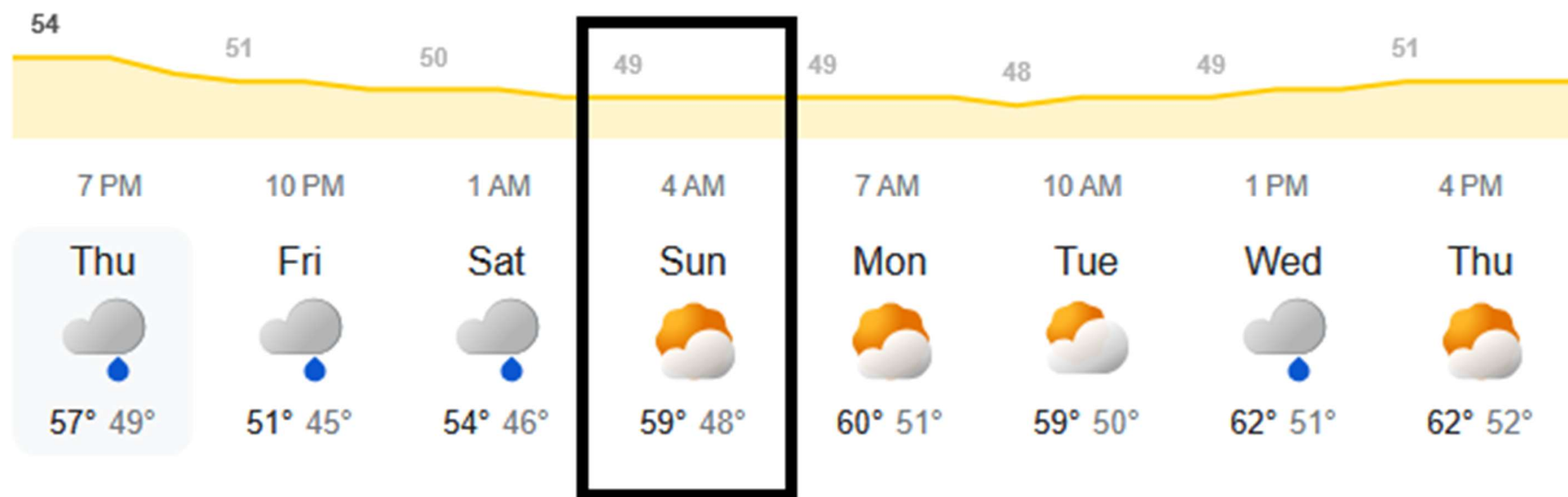
Thursday 6:00 PM

Light rain

Temperature

Precipitation

Wind



Orcas Island Triathlon

May 17, 2026, 8 am

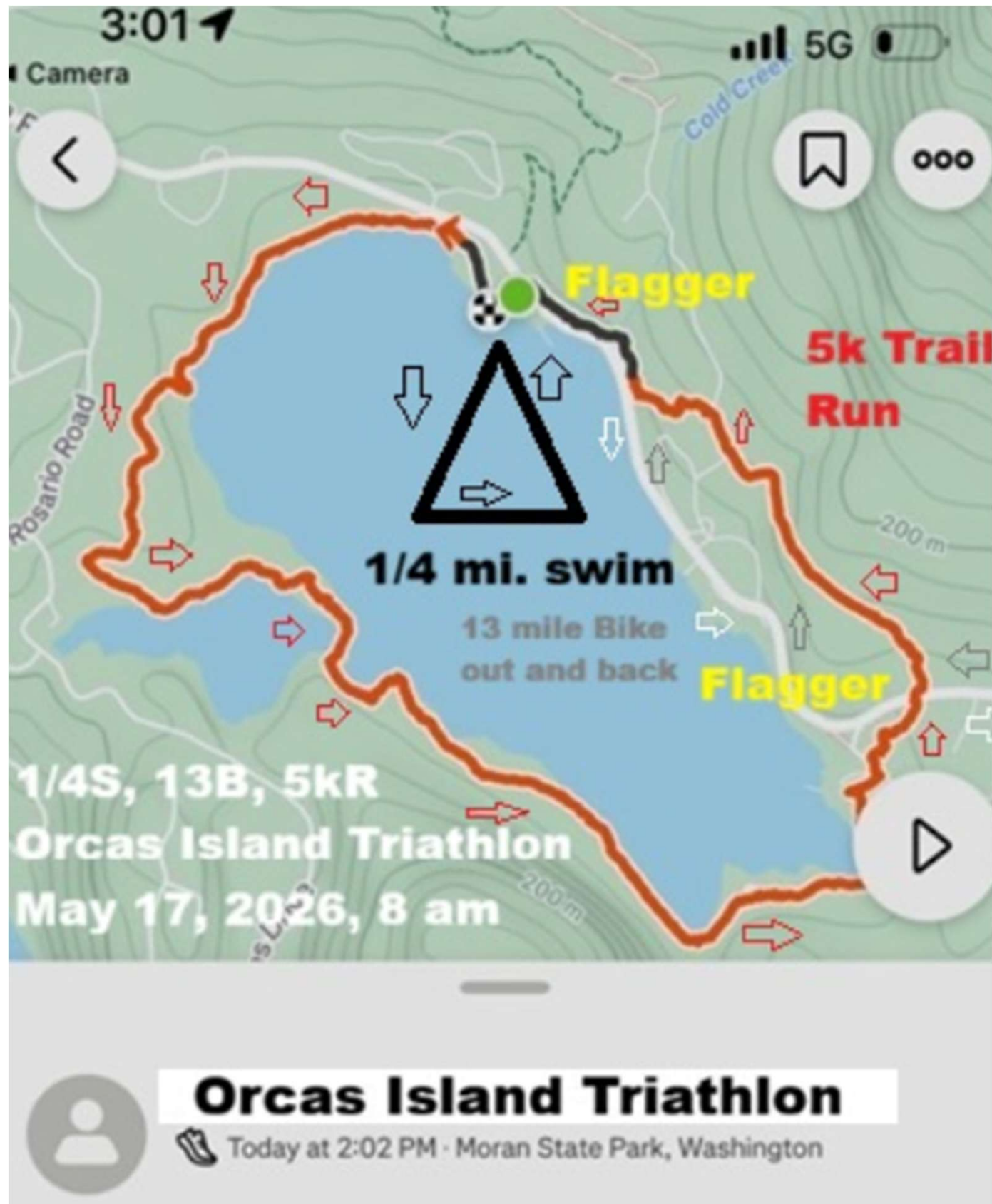
Cascade Lake, Orcas Island WA

¼ Swim, 13 Bike, 5k Run

Start training today for the inaugural running of the Orcas Island Triathlon. Gorgeous views of Mount Constitution. Come swim with the Orcas! Stella views of Lake Cascade. Mark your calendars today to be part of this USAT sanctioned event. Come out and swim with the Orcas! Bed and Breakfast on the island and real cheap campsites at the start. Don't miss the excitement of Sammamish Running. Register today!

SammamishRunning.com

Mike Brisbois, Race Director | 708.668.5488 | mic@beaverlaketriathlon.com



Pond Bed
Breakfast
Top rated

Orcas Island Triathlon

May 17, 2026, 8 am
1/4 S, 13B, 5k Run

Start/Finish

3786 Olga Road

Turn Around Bike

Rosario

Cascade Lake

13 mile road bike
Rolling hills

Doe Bay

Doe Island
Marine
State Park

 **Bike**
6.5 miles

Olga

Google Maps

Layers

East So







Orcas Island Triathlon

May 17, 2026
8am

1/4 S



→ CASCADE LOOP 2.7 M. →

[Results Cedar River
Triathlon](#)

Upcoming Events

[2026 Events](#)[Refund Policy](#)[USAT Waiver](#)[USATF Waiver](#)[Safety Briefing PDF](#)

Orcas Island Triathlon

Sun, May 17 | [Details](#)[More info](#)[USAT Rules](#)[Register](#)[Weather](#)[Camp
Sites](#)[Swim](#)[Bike](#)[Run](#)[Swim Run](#)[Video](#)

Los Angeles Half 13.1, 10k, 5k

Sat, May 23 | [Ocean Cafe ...](#)[More info](#)[Register](#)[Medal](#)

Soaring Eagle Park 25 Miles

Sammamish WashingtonCome out and celebrate our nation's 250th
Birthday with a 25-mile jaunt around the park

Soaring Eagle 25

Mon, May 25 | Southeast ...

[More info](#)[Register](#)



Medical Lake Triathlon

Sun, May 31 | Medical Lak...

[More info](#)

Register



Columbia River Half Iron FULL...

Sun, Jun 14 | Vantage Gra...

[More info](#)

Register



Newcastle Beach Half 13.1, 10k, 5k

Sat, Jun 20 | Newcastle B...

[More info](#)

[Banner](#)

[Video](#)

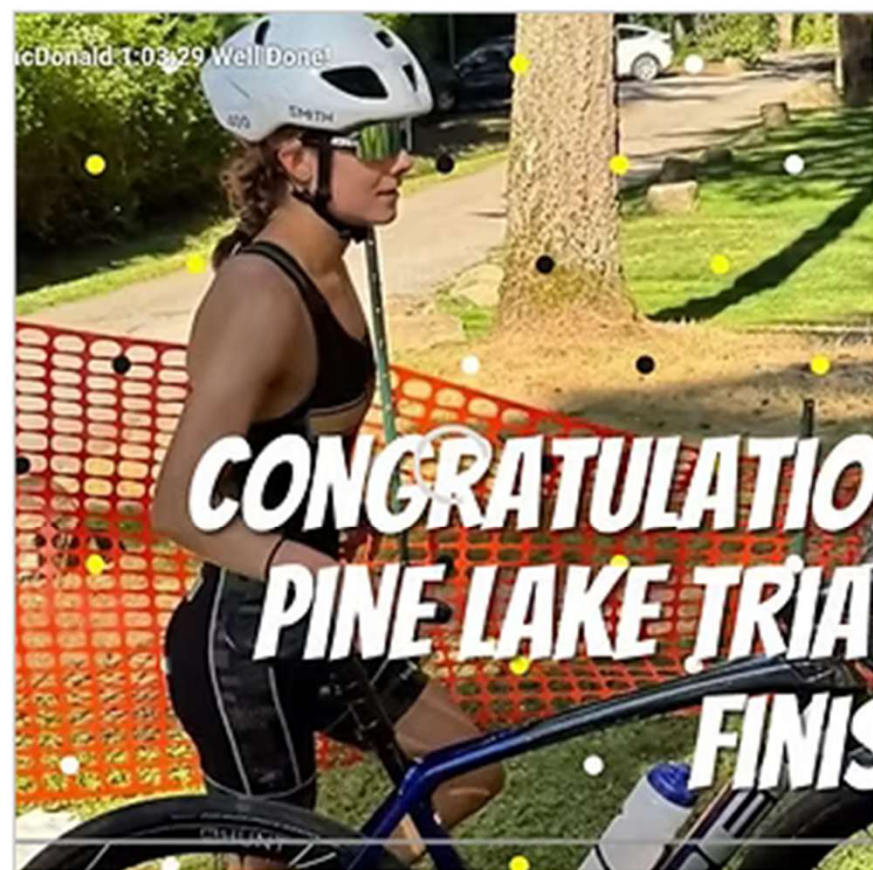
[T-Shirt](#)

[Swim](#)

[Bike](#)

[Run](#)

Register



Pine Lake Triathlon 2026

Sun, Jun 28 | Pine Lake Park

[More info](#)

Register



Wildcat Lake Triathlon

Sat, Jul 11 | Wildcat Lake ...

[More info](#)

Register



Golden Gate Bridge Half 13.1, ...

Sat, Aug 08 | The Embarc...

[More info](#)

[Run Swim Map](#)

[Transition](#)

[Bike Map](#)

[Video](#)

Register



Half Sam 13.1, 10k, 5k

Sun, Aug 23 | Issaquah Co...

[More info](#)

Register



Beaver Lake Triathlon 2026

Sun, Aug 30 | Sammamish

[More info](#)

Register



Rattlesnake Lake Triathlon

Rattlesnake Lake Triathlon

Sun, Sep 06 | North Bend

[More info](#)

[Swim, Bike, Run](#)

Register



Sammamish City Marathon 26.2

Sat, Oct 24 | Skyline High ...

[More info](#)

Register



2026 Series Event Newcastle Beach...

Thu, Dec 31 | Sammamish...

[More info](#)

Register



Cedar River Half 13.1, 10k, 5k

Sun, Apr 26 | Maple Valley...

[More info](#)

[Video](#)

[Results](#)

Register at Site

John: Thank you for registering for the Orca Island Triathlon. We have a great weekend planned just for you. Today we have the mandatory safety briefing at 7 pm. It is recorded so if you miss it you can review it. The event starts on May 17, 2026, at 8 am in knee-deep water going clockwise around the two buoys. We will have certified lifeguards and kayaks in the water for your safety. Only registered athletes will be allowed in the secured area. Your body marking with age on left calf. All participants will need to be USAT members. One day membership is available. Today's safety briefing will go over the USAT rules. You must wear your bib# on your front torso for both the bike and the swim. Results will be posted shortly after the race. Pre-race packet pickup will be at 5:30 pm at the race site. Cascade Lake. Winners both male and female will win a Starbucks gift card. The [Swim](#), [Bike](#), [transition](#), and [Run](#) maps are on our website. Must wear your ankle bracelet for the duration of the event. The race is chip timed. You will get 6 scores, run, bike, swim, T1, T2, and total. It is a USAT sanctioned race and race results will count to your national rankings. Water, Gatorade, first aid and gel/GU will be available every three miles on the course. Call 911 in case of emergency and race director for sprained ankle pickup. The bike goes out 6 1/2 miles anarking should match your bib#. Your helmet and bike stickers should match your right arm and bib#. Bodyd back. The course is open to pedestrians and vehicles. Be cautious. The run crosses the main road twice. There will be flaggers at both road crossings. Make sure you book your ferry early. There are plenty of [campsites](#) at the state park still available. The run goes around Cascade Lake; a very challenging 6k course. You must rack your bike before staring the run. Follow the elevated signs and red streamers. The bike will have elevated signs and orange route arrows in the road. You must go around the cone at the turn around point for the bike. Water temperature is 60F. Weather for Orcas Island on Race day is partly sunny 49-60F. Good Luck! Invite your friends. [REGISTER](#)

Time & Location

May 17, 2026, 8:00 AM – 10:30 AM

**3786 Olga Road
Olga, WA 98279, USA**

Join us for the Orcas Island Triathlon. 1/4-mile swim in pristine Cascade Lake, 13-mile rolling hills road bike, 5k challenging trail run around the Lake. Race starts promptly at 8 am in knee water. First one out of the water wins the coveted baby Orca trophy. Must wear ankle bracelet for all three legs, and bib on front torso during he bike and the run for photo finish and timing. Must go through the two red cones to get scored. You will get six scores: Swim, Bike, Run and 2 transition times as well as overall. All finishers get the Orcas Island triathlon Medal. All entrants get a classic deluxe T-Shirt. There will be certified lifeguards on Kayaks. Raise your hand if you can if you get into trouble. Water, Gatorade, First Aid, and Gel every 3 miles on the course. Dial 911 in case of emergency and race director for a breakdown or sprained ankle. Good Luck!

Event details and schedule

There is plenty of parking at the race site. Discover Pass required. Wetsuits are allowed if water temps are below 85F. Pre-race mandatory briefing Thursday May 14, 2026, 7 pm PDT. It is recorded if you miss it. Pre-race pasta feed and race packet pickup at 5:30 pm on Saturday May 16, 2026 (optional). You can pickup bib package and rack bike starting at 7 am on race day. Must place stickers on helmet and bike. You will need these when you exit the secure corral area.

*** Access Codes Below ***

Topic: **Safety Briefing Orcas Island Triathlon**

Time: May 14, 2026 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/85746026980?pwd=Ga7CLaapauMORkLR1DmuXSGfKffWBy.1>

Meeting chat link


<https://us06web.zoom.us/launch/jc/85746026980>

Meeting ID: 857 4602 6980

Passcode: 222

May 17, 2026

Orcas Island Triathlon

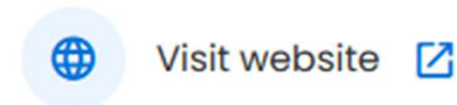
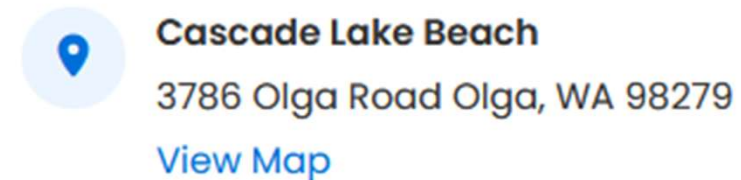
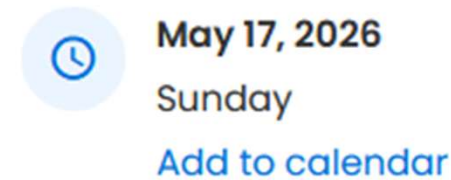
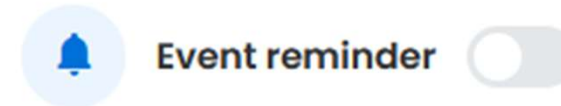
 **Cascade Lake Beach**
3786 Olga Road Olga, WA 98279

About this event

Join us for the Orcas Island Triathlon. 1/4 mile swim in pristine Cascade Lake, 13 mile rolling hills road bike, 5k challenging trail run around the Lake. Race starts promptly at 8 am in knee water. First one out of the water wins the coveted baby Orca trophy. Must wear ankle bracelet for all three legs, and bib on front torso during the bike and the run for photo finish and timing. Must go through the two red cones to get scored. You will get six scores, Swim, Bike, Run and 2 transition times as well as overall. All finishers get the Orcas Island triathlon Medal. All entrants get a classic deluxe T-Shirt. There will be certified life guards on Kayaks. Raise your hand if you can if you get into trouble. Water, Gatorade, First Aid, and Gel every 3 miles on the course. Dial 911 in case of emergency and race director for a breakdown or sprained ankle. Good Luck!

Event details and schedule

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Thank you

SammamishRunning.com

708.668.5488

Mike Brisbois, Race Director

mic@beaverlaketriathlon.com